

Bean Burrito

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes

D-21A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh onions, chopped OR Dehydrated onions	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	1. Combine onions, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder. Blend well. Simmer for 15 minutes.
Granulated garlic		1 ½ tsp		1 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	1 lb 12 oz	3 cups 2 Tbsp (⅞ No. 2-½ can plus 2 ½ Tbsp)	
Water		2 cups		1 qt	
Chili powder		1 Tbsp 1 ½ tsp		3 Tbsp	2. Using a mixer with paddle attachment, puree beans for 4-5 minutes on medium speed until beans are a smooth consistency. Combine ingredients from step 1, and shredded cheese with pureed beans.
Ground cumin		1 Tbsp		2 Tbsp	
Paprika		1 ½ tsp		1 Tbsp	
Onion powder		1 ½ tsp		1 Tbsp	
Canned pinto beans, drained OR *Dry pinto beans, cooked (see preparation note)	3 lb 8 oz OR 3 lb 8 oz	2 qt 2 Tbsp (⅞ No. 10 can) OR 1 qt 3 ¾ cups	7 lb OR 7 lb	1 gal ¼ cup (1 ¾ No. 10 cans) OR 3 qt 3 ½ cups	
Reduced fat Cheddar cheese, shredded	1 lb 9 ½ oz	1 qt 3 ¾ cups	3 lb 3 oz	3 qt 3 ½ cups	3. Steam tortillas for 3 minutes or until warm. OR Place in warmer to prevent torn tortillas when folding. 4. Portion bean mixture with No. 8 scoop (½ cup) onto each tortilla. Fold around beans envelope style. 5. Place folded burritos seam side down on half-sheet pans (13" x 18" x 1") which have been lightly coated with pan release spray, 12-13 burritos per pan. For 25 servings, use 2 pans. For 50 servings, use 4 pans.
Enriched flour tortillas (at least 0.9 oz each)		25 each		50 each	

Bean Burrito

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes

D-21A

					6. CCP: Heat to 165° F or higher for at least 15 seconds. Conventional oven: 375° F for 15 minutes Convection oven: 325° F for 15 minutes
Reduced fat Cheddar cheese, shredded (optional)	7 oz	1 ¾ cups 2 Tbsp	13 oz	3 ¾ cups	7. Sprinkle shredded cheese (optional) evenly over burritos before serving.
					8. CCP: Hold for hot service at 135° F or higher. Portion is 1 burrito.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz
Pinto beans, dry	1 lb 8 oz	3 lb

SERVING:	YIELD:	VOLUME:
1 burrito provides the equivalent of 2 oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of 1 slice of bread.	25 Servings: 25 burritos 50 Servings: 50 burritos	25 Servings: 2 pans 50 Servings: 4 pans

Edited 2004

PREPARATION NOTE: SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to each pound of dry beans. Cover and refrigerate overnight.

Quick-soak method: Boil 1 ¾ qt water for each pound of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked and drained, add 1 ¾ qt water and ½ tsp salt to each pound of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Bean Burrito

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes

D-21A

Use hot beans immediately or,
CCP: Hold for hot service at 135° F or higher.
OR

Chill for later use. If chilling:
CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an
additional 4 hours.

1 lb dry pinto beans=about 2 ¾ cups dry or 5 ¼ cups cooked pinto beans.

Nutrients Per Serving					
Calories	253	Saturated Fat	3.98 g	Iron	2.85 mg
Protein	15.11 g	Cholesterol	16 mg	Calcium	342 mg
Carbohydrate	31.24 g	Vitamin A	846 IU	Sodium	631 mg
Total Fat	7.95 g	Vitamin C	10.1 mg	Dietary Fiber	4.2 g